

Signs & Symptoms of Perinatal Depression & Anxiety

While babies bring immense joy, early parenthood can also present various challenges. Understanding the signs and symptoms of perinatal depression and anxiety is an important first step in seeking the right help.

If you or a loved one are showing some of the signs below, please reach out to our team at Gidget Foundation Australia.

Gidget is here for you

Finding it harder to do daily tasks

Feeling more irritable or angry than usual

Constant or overwhelming worry

Withdrawing from family, friends or social situations

Thoughts of wanting to escape, self-harm or suicide

Changes in appetite and/or sleep

Nightmares or flashbacks of distressing birth events

Panic attacks or sudden feelings of intense fear

Feeling like you can't cope

Feeling sadder than usual

Ongoing lack of connection with your baby

Physical symptoms such as sweaty hands, heart palpitations, chest tightness, headaches and/or upset stomach

Feeling worthless or not good enough

Scan for further information and helpful resources, including a full list of signs and symptoms



Supporting the mental health of expectant, new and potential parents.